

Whole Health Promotion Classes

Greater Los Angeles VA is offering health and wellness classes you can join from the safety of your home! Info below, and for extensions listed, use the main number (310) 478-3711 first.

Scan this QR code with the camera on your smart phone or tablet to open the most updated list of classes online



MONDAYS

- *Taking Charge of My Life and Health*, 9:00am, Currently being held in-person at Sepulveda VA in Bldg. 22 Rec Hall. Please contact Tim Penix at (818) 401-3543 for more information and to enroll
- *Sleep Well*, 10:00am, Currently being held over telephone. Join the group by calling (404) 397-1596 and dial 199 324 8743# when it asks for the access code to enter. Contact: ext. 32089
- *Mindfulness Meditation*, 10:00am, Currently being held over telephone. For info about how to join, Contact Dr Autumn Braddock at (310) 694-6045
- *Mind Over Illness*, 11:00am, Currently being held over telephone. Join the group by calling (404) 397-1596 and dial 199 644 7462# when it asks for the access code to enter. Contact: ext. 32089
- *Wellness Support Group*, 11:00am, Currently being held over telephone. For info about how to join, Contact Dr Autumn Braddock at (310) 694-6045
- *Tobacco Cessation Group*, 12:15pm, Currently being held over telephone. For info about how to join, Contact Dr Autumn Braddock at (310) 694-6045

TUESDAYS

- *Stop Smoking—Support & Medication*, 11:00am, Currently being held over VA-Video-Connect. For more info on how to join, contact Rachel Rosen at (818) 895-9569
- *Diabetes SMA*, 10:00am. Currently being held over telephone. Join the group by calling (404) 397-1596 and dial 199 100 6601# when it asks for the access code to enter. Contact: ext. 32089

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WEDNESDAYS

- *Taking Charge of My Life & Health*, 9:30am, Currently being held in-person at West LA VA. Please call for more information about enrollment: (424) 232-7921
- *Whole Health to Manage Anger*, 10:00am, & 1:00pm. 10:00am is being held in-person at Sepulveda VA in Bldg. 22 Rec Hall. 1:00pm is being held over telephone, and join the group by calling (404) 397-1596. Then dial 199 421 7401# when it asks for the access code to enter. Contact: (818) 401-3543
- *Manage Stress: for Women*, 11:00am, Currently being held over telephone. Join the group by calling (404) 397-1596 and dial 199 404 7232# when it asks for the access code to enter. Contact: ext. 32089

THURSDAYS

- *Whole Health to Manage Anger*, 10:00am, Currently being held over telephone. Join the group by calling (404) 397-1596 and dial 199 334 0776# when it asks for the access code to enter. Contact: (818) 401-3543
- *Stop Smoking—Support & Medication*, 1:00pm, Currently being held over VA-Video-Connect. For more info on how to join, contact Dr Megan Taylor-Ford at ext. 54393
- *Ways to Relax*, 7:30pm, Currently being held over telephone. Join the group by calling (404) 397-1596 and dial 276 0290 4052# when it asks for the access code to enter. Contact: ext. 32089

FRIDAYS

- *Stop Smoking - Support & Medication*, 10:00am, Currently being held over VA-Video-Connect with individual phone calls for those who cannot join by video. For more info on how to join, contact PERC Coordinator Rachel Rosen at (818) 895-9569

Movement, Meditation & Tai Chi Classes

Greater Los Angeles VA is offering movement and Tai Chi classes you can join from the safety of your home! Info below, and for extensions listed, use the main number (310) 478-3711 first.



MONDAYS

- Tai Chi, 8:30am, 10:00am, 11:00am, AND 1:00pm, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 40847
- Intro to Yoga, 10:00am, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 53276 or ext. 43230
- iRest Guided Imagery Meditation, 2:00pm, Currently being held over telephone. Join the group by calling (404) 397-1596 and dial 199 683 2860# when it asks for the access code to enter, then press # again after the prompt. Contact: ext. 36265

TUESDAYS

- Tai Chi, 8:30am AND 11:00am, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 40847
- Meditative Movement, 8:30am, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 36265
- Intro to Yoga, 10:00am, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 53276 or ext. 43230
- Restorative Yoga (gentle, easy movements with meditation), 11:00am, Currently being held over VA-Video-Connect. Ask your provider for “MOVE Exercise Recommendation” Consult. For more info, contact ext. 43230

WEDNESDAYS

- Tai Chi, 8:30am, Currently being held over VA-Video-Connect. For more info, contact ext. 40847
- iRest Guided Imagery Meditation, 10:00am, Currently being held over telephone. Join the group by calling (404) 397-1596 and dial 199 603 9524# when it asks for the access code to enter, then press # again after the prompt. Contact: ext. 36265
- Intro to Yoga, 10:00am AND 12:00pm, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 53276 or ext. 43230

Movement, Meditation & Tai Chi Classes

Greater Los Angeles VA is offering movement and Tai Chi classes you can join from the safety of your home! Info below, and for extensions listed, use the main number (310) 478-3711 first.



THURSDAYS

- Intro to Tai Chi, 8:30am and 1:00pm, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 40847
- Meditative Movement, 9:00am, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 36265
- Restorative Yoga (gentle, easy movements with meditation), 10:00am, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 43230
- Women's Yoga, 12:00pm, Currently being held over VA-Video-Connect. Ask your provider for "MOVE Exercise Recommendation" Consult. For more info, contact ext. 43230

FRIDAYS

- Tai Chi, 8:30am, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 40847
- Intro to Yoga, 9:00am, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 53276 or ext. 43230
- Chair Yoga/Dance for Seniors/Veterans, 10:15am, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 53276
- Meditative Movement, 10:00am, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 36265
- Women's Intro to Tai Chi, 12:30pm, Currently being held over VA-Video-Connect. For more info on how to join, contact ext. 36265
- iRest Meditation, 1:30pm, Currently being held over telephone. Join the group by calling (404) 397-1596 and dial 199 529 9122# when it asks for the access code to enter, then press # again after the prompt. Contact: ext. 36265